

ABSTRACT OF THE DISCLOSURE

A handheld childbirth labor timing apparatus includes a timing device with a visible display,

- 5 a calculating device, a memory device and a selection device. In various embodiments the apparatus is programmed to execute methods for the simple timing of the durations of and intervals between actual childbirth contractions, for practicing selected sequences of such contractions in preparing for childbirth, and also for storing a set of expected sequences that, when matched, with an actual childbirth labor sequence will present an alerting signal to the
- 10 user so as to timely summon medical help.